



Athlete Waiver & Release

PLEASE READ CAREFULLY BEFORE SIGNING. I acknowledge that training and/or participating in swimming is a test of a person's physical and mental limits and such training or participation poses risks of serious bodily injury or death. Furthermore, I understand that there are absolutely no guarantees that I won't contract COVID-19 as a result of my decision to swim in Coach Headley's pool. While Coach Headley is fully vaccinated and COVID-19 is not believed to be transmittable in chlorinated pools and while measures will be taken by Coach Headley to appropriately social distance during my swim lesson, I HEREBY ASSUME ALL RISKS OF TRAINING FOR AND PARTICIPATING IN SUCH ACTIVITY AND POTENTIAL EXPOSURE TO COVID-19 and agree to the following:

I have hired Alison Headley of TRIumph Coaching LLC to provide me/my child(ren) with swim lessons at her backyard pool.

I hereby attest that I am in good health and my physical condition has been verified by a licensed medical doctor and furthermore, that the licensed medical doctor has been advised that I intend to participate in these activities.

I agree that I will not hold Alison Headley or TRIumph Coaching responsible for any injury, accident, medical condition, damage or death that may result from my/my child's lesson, training or racing. I am doing this voluntarily and recognize the inherent risks in my decision.

Print Name

Sign Name

Date
